

Menu Report

Menu: Father's Day

Total Days: 7

Total Foods: 7

Avg. Daily Cals: 96.00

Day	Meal	Food	Amt/Portion	Wt
Day 1		2 Tasty Meat Loaf	3.000 OUNCE	785.364
		59 Oven Browned Potatoes	1.000 SERVING	111.423
		93 Seasoned Vegetable Medley	0.500 CUP	124.382
		3042 Peaches, Canned in Extra Light Syrup	0.500 CUP	139.861
		128 Whole Wheat Roll	1.000 ITEM	123.500
		116 Margarine, Soft	1.000 TSP	37.498
		51 Reduced Fat Milk, 2%	8.000 FL OZ	4.700
Day 2				244.000
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Father's Day

Menu Nutrient Analysis

Company:

Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS

Days: 7

Foods: 7

Kcals / Day: 96

Feeding Figure: 100

Nutrient	Value	Goal	% Goal	Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	669,197	2000,000	33%	Zinc (mg)	5.242	11,000	48%
Protein (gm)	33,648	70,000	48%	Copper (mg)	0.672	0.900	75%
Carbohydrate (gm)	82,708	300,000	28%	Manganese (mg)	1.562	2.300	68%
Fat, total (gm)	24,219	65,000	37%	Selenium (mg)	0.031	0.055	56%
Alcohol (gm)				Fluoride (µg)	87,510	4,000	2188%
Cholesterol (mg)	71,609	300,000	24%	Chromium (mg)	0.006	30,000	0%
Saturated Fat (gm)	8,091	20,000	40%	Molybdenum (µg)	18,711	45,000	42%
Monounsaturated Fat (gm)	8,247	25,000	33%	Dietary Fiber, total (gm)	9,679	25,000	39%
Polysaturated Fat (gm)	5,922	20,000	30%	Soluble Fiber (gm)			
MFA 18:1, Oleic (gm)				Insoluble Fiber (gm)			
PFA 18:2, Linoleic (gm)				Crude Fiber (gm)			
PFA 18:3, Linolenic (gm)				Sugar, total (gm)			
PFA 20:5, EPA (gm)				Glucose (gm)			
PFA 22:6, DHA (gm)				Galactose (gm)			
Sodium (mg)	677,546	2400,000	28%	Fructose (gm)			
Potassium (mg)	1781,910	3500,000	51%	Sucrose (gm)			
Vitamin A (RE)	781,663	900,000	87%	Lactose (gm)			
Vitamin A (IU)	6311,916	4500,000	140%	Maltose (gm)			
Beta-Carotene (µg)				Tryptophan (mg)			
Vitamin C (mg)	50,336	90,000	56%	Threonine (mg)			
Calcium (mg)	396,920	1200,000	33%	Isoleucine (mg)			
Iron (mg)	5,416	8,000	68%	Leucine (mg)			
Vitamin D (µg)	3,573	15,000	24%	Lysine (mg)			
Vitamin D (IU)	142,937	600,000	24%	Methionine (mg)			
Vitamin E	2,899	15,000	19%	Cystine (mg)			
Vitamin E (IU)				Phenylalanine (mg)			
Alpha-Tocopherol (mg)				Tyrosine (mg)			
Thiamin (mg)	0.631	1,100	57%	Valine (mg)			
Riboflavin (mg)	0.837	1,100	76%	Arginine (mg)			
Niacin (mg)	8,695	14,000	62%	Histidine (mg)			
Pyridoxine/Vit B6 (mg)	0.952	1,500	63%	Alanine (mg)			
Folate (µg)	85,425	400,000	21%	Aspartic Acid (mg)			
Cobalamin/Vit B12 (µg)	3,051	2,400	127%	Glutamic Acid (mg)			
Biotin (µg)	7,746	30,000	26%	Glycine (mg)			
Pantothenic Acid (mg)	2,225	5,000	44%	Proline (mg)			
Vitamin K (µg)	16,374	90,000	18%	Serine (mg)			
Phosphorus (mg)	610,146	700,000	87%	Moisture (gm)			
Iodine (µg)		150,000		Ash (gm)			
Magnesium (mg)	134,760	420,000	32%	Caffeine (mg)			

Day 1

% of Kcals

Protein 20%
Carbohydrate 48%
Fat, total 32%
Alcohol 0%

Exchanges

Bread/Starch 2.0
Fruit 1.0
Other Carbohydrate
Milk - Skim
Milk - Low Fat 1.0
Milk - Whole
Vegetable 3.0
Meat - Very Lean
Meat - Lean 2.0
Meat - Medium Fat
Meat - High Fat
Fat 2.0

Recipe Report - Tasty Meat Loaf

Food ID: 2 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 175 No. Ingredients: 16

Preparation

Baked
Preparation Time: 0
Cooking Time: 1 hrs. 15 min.
Cooking Temp: 350 deg F

Ingredient	Wt
Tasty Meat Loaf	11142.330
1/4 No. 10 can (1 lb 12 oz) tomato paste	793.800
2 cups water	474.000
1 qt beef stock	996.000
1 3/4 cups 2 Tbsp (4 1/2 oz) instant nonfat dry milk	127.575
15 POUND Beef Flank, Choice, Separable Lean and Fat, 0in. Fat, Raw	6804.000
1 lb 12 oz (1 lb 12 oz) rolled oats	793.800
8 (14 1/2 oz) large eggs	378.189
2 3/4 cups (1 lb) chopped fresh onions	453.600
3 3/4 cups (1 lb) chopped celery	285.768
1/2 cup parsley flakes	7.200
1 Tbsp pepper	6.300
2 Tbsp garlic powder	16.800
1 1/2 tsp basil	2.100
1 1/2 tsp oregano	2.250
1 tsp majoram	0.600
1/4 tsp thyme	0.350

Instructions:

For 100 servings: Combine tomato paste, water, stock, and dry milk in mixer for 2 minutes on medium speed. Grind flank steak or use ground beef that is 90% lean or 10% fat. Add ground beef, oats, eggs, onions, celery, parsley flakes, pepper, garlic powder, and seasonings. Mix on low speed for 3 minutes or until blended. Do not over-mix. Place mixture into each of 2 steam table pans (12"x20"x2-1/2"). Press mixture into steam table pans. Smooth top. Separate mixture down the middle lengthwise into 2 equal loaves. Bake in a conventional oven at 350 degrees F for 1-1/4 - 1-1/2 hours. Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices,

approximately 3/4" thick or 3 oz..

Recipe Report - Oven Brownded Potatoes

Food ID: 59 Portion/Amount: 1.00 SERVING Servings: 100.00 Kcals / Serving: 113 No. Ingredients: 3
Source: Custom

Preparation

None
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Wt
Oven Brownded Potatoes	12438.199
100 ITEM Potatoes, Flesh and Skin, Medium	12200.000
1.000 CUP Margarine, Soft	225.600
2 TBSP Paprika	12.600

Instructions:

Instructions...Wash potatoes well. Cut into quarters and place into non stick baking pans. Melt margarine and brush evenly over potatoes. Sprinkle with paprika. Bake at 425 degrees for about one hour or until tender and well brownded. Stir once during baking for even brownding.



Recipe Report - Seasoned Vegetable Medley

Food ID: 93 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 75 No. Ingredients: 10

Preparation

Cooked
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Wt
Seasoned Vegetable Medley	13986.128
7 lb 8 oz frozen peas, thawed	3163.860
5 lb frozen cut green beans, thawed	2041.200
5 lb frozen sliced carrots, thawed	2222.640
5 lb frozen cauliflower, thawed	2109.240
2 QUART Tap Water	1896.000
1 TBSP Table Salt	18.000
1.5 CUP Margarine, Soft	338.400
1/2 cup (2 1/4 oz) cornstarch	63.787
1 cup cold water	237.000
2 qt hot vegetable liquid & water	1896.000

Instructions:

For 100 servings: cook vegetables in 2 qt boiling water until tender, about 10 minutes. Drain vegetables; save cooking liquid. Add salt and margarine to vegetable liquid and additional water to make 2 quarts total. Heat to boiling. Mix cornstarch with cold water. Gradually stir into boiling liquid mixture. Cook, stirring constantly, until thickened. Pour sauce over cooked vegetables. Serving size: 1/2 c



Recipe Report - Whole Wheat Roll

Food ID: 128 Portion/Amount: 1.00 ITEM Servings: 100.00 Kcals / Serving: 100 No. Ingredients: 8

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 15 min.
Cooking Temp: 400 deg F

Ingredient	Wt
Whole Wheat Roll	3749.752
2 qt 1/2 cup (2 lb 4 oz) whole wheat flour	1020.600
2 qt (2 lb 3 1/2 oz) white flour	1006.539
1/2 cup (3 1/2 oz) sugar	99.225
4 pkg (1/4 oz ea) active dry yeast	28.350
2 Tbsp salt	36.000
1 qt 1/2 cup skim milk	1102.500
1 cup (7 1/2 oz) oil	205.538
1 CUP Egg Substitute, Liquid	251.000

Instructions:

For 100 servings: mix flours together, and then mix 2 quarts flour with sugar, yeast, and salt. Heat milk and oil until warm. Stir into flour mixture. Add egg substitute; beat well. Mix in remaining flour, making a soft dough that leaves the sides of the bowl. Knead until dough is smooth and elastic. (Kneading may be done in mixing machine.) Place dough in lightly greased bowl and turn over once to grease upper side of dough. Cover and let rise in warm place until double in size, about 1-1/2 hours. Punch down dough to remove air bubbles. Shape into rolls about 1-1/4 oz each. Place rolls on sheet pans. Let rise until double in size, about 1 hour. Bake at 400 degrees F for 15 minutes, or until lightly browned. Serving size: 1 roll.